7:Tobe C,T-3 (1959)1960 AV7 Burusho AV7
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were there, they would have been noticed. 249

It is also possible that from a distance of one or two miles, one might confuse a field of alfalfa hay or barley or wheat and, with golden heads when ripe and the sun's rays striking them, what was grain might resemble flowers, but I think I am well enough versed in plant lore to be able to make the distinction.

I want my readers to bear in mind also that most of my traveling from Gilgit to Baltit was done on Nagir territory.

The reason these bits of color were most conspicuous was obviously because of the practically total absence of anything that resembled flowers—or a bit of brightness.

The Mir answered my question about the growing of poppies as follows, "Yes, some of our farmers are growing poppies but I am going to put a stop to it." 249 276 656

I waited for him to continue with keen interest.

"It appears," he went on, "that some of the people have begun to take to smoking opium . . . and fearing this insidious bad habit will take root, I'm going to ban the growing of this plant."

I did not mention it to him then or since, but somehow I had overheard (perhaps at one of the parties in Gilgit where a group of the roundabout notables had gathered) that opium had been drifting in from some locations and commanding fairly good prices. It also struck me that the Chinese border, being close at hand, might prove to be a very appropriate market for the produce that they would get from the poppy plants.

I did not ask if there were any restrictions against the producing of opium, apart from the fact that the Mir was going to ban it for protection of his people. I do not know whether anyone could prevent the Hunzans or the Nagirwals from growing these colorful plants.

681 which people were exiled and as officers were continually asking me what sort of place it was, I determined to go there and see for myself. The track there
491 was very bad indeed and in two places there were goat hair bridges which were very unpleasant to cross. A ring of wood was used and the traveler was drawn from one bank to the other and if he wore a beard most of the hairs were dragged out on the way. . . .

643 "My father had six wives, three of which were of the
595 ruling classes and three from the Zemindaris. All however, were married to him according to the law and so he left behind no bastards."

276 The Mir told me that of late some of the young boys
177 have taken to smoking cigarettes. This they have picked up and learned from the Hunzan men who have been serving in the Pakistani army. Cigarettes can be pur-
685 chased in the shop in Baltit and a few occasions of
276 petty theft have been encountered. In each case it
[443] seems that they stole in order to get money to buy
[681] cigarettes. These few petty crimes of course did not involve ostracism to Shimshal. It is expected that this condition will continue or even become aggravated as the youth of Hunza become more familiar and acquainted with smoking. Some of the men in Hunza smoke the "hookah" which we know as the water-pipe.

249 Some forms and varieties of tobacco have been tried
123 in Hunza. I promised to send the Mir seeds of the various types of tobacco that we grow in America, such as Virginia, Burley and Quesnel. Perhaps if they can learn to grow tobacco, it will enable the youth to get their hands on some tobacco and satisfy their craving for it without resorting to other ways and means. However, they would have to get paper from somewhere for none is made or improvised in Hunza.

674 It is obvious from what I have seen, that crime and

1 [ie - the father of Sir Mohomed Nazim Khan - ANALYST]

177 their salt and soon there will be a few more items added
263 and, as more of their people go out of the country to
439 earn a living and come back to visit or retire, more of civilization's curses will be brought back with them.

165 The doctor rather clearly indicated that infant mor-
114 tality was not as low as some writers would like us to believe. I repeat—he made this quite clear.

164 Now I'll let you decide how it ties in with the statements made by Sir Robert McCarrison: "During the period of my association with these people I never saw a case of asthenic dyspepsia, of gastric or duodenal ulcer, of appendicitis, of mucous colitis, of cancer. . . . Among these people, the abdomen oversensitive to nerve impressions, to fatigue, anxiety, or cold was unknown. Indeed their buoyant abdominal health has, since my return to the West, provided a remarkable contrast with the dyspeptic and colonic lamentations of our highly civilized communities."

276 Smoking in general is not an addiction in Hunza. The water-pipe or hubble-bubble is used by some of the people, usually at gatherings or ceremonies. It is then passed around in a wide circle, each one taking a puff
[562] or two. The women are included, but only after all the men have finished.

Some of the citizens use snuff. It is tobacco mixed with the ash of a plant called "sopa," which is indigenous to that area. They take the tobacco and the sopa ash, put in a dash of water, stir it up and mix it into a paste. Then they place gobs of this paste under their lip, exactly the same as the snuff chewer does in the West, although this practice has been dying out in the Western world.

164 Just how much of the health of the people of Hunza
132 is due to the fact that they get a lot of sunlight? That is a most pertinent question and one that will take a lot